

# January 2022



**Fitness in the park**  
[www.saparksandrec.com](http://www.saparksandrec.com)

**Harlandale Park**

Fitness in the Park is a year-round free exercise program that brings a variety of indoor and outdoor fitness classes throughout San Antonio. Getting started is easy! Just take a look at the current schedule and join us. There is no registration required. Classes are open to all fitness levels.



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**WEATHER HOTLINE (210) 207-3128**



**CITY OF SAN ANTONIO  
PARKS & RECREATION**



# Fitness in the Park Instructor Bio:

## Xavier Vara



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New year, new you? If you need a little help to reach those 2022 fitness goals, then Xavier is ready to assist! Xavier is an ACSM Certified Personal Trainer and has been instructing fitness classes for over 7 years. He has experience working with individuals of all ages and ability levels. Xavier takes great joy in helping participants not only reach their fitness goals, but adopting a more active lifestyle to make fitness a habit. Xavier is a high-energy motivator, so if you need an extra “push” to get going in 2022 come out and join Xavier!



## Class Schedule

Class Name	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place
Running Group	Outdoor	King William Park	Mon / Wed	6:00 pm	Pavilion
Boot Camp	Outdoor	Elmendorf Lake Park	Tuesday	6:30 pm	Open field near the pool





# Fitness Disciplines

In order to better serve you, we have categorized targeted classes into the following fitness disciplines. This categorization will allow us to potentially offer substitutions when necessary.

## FLEXIBILITY

Classes categorized as flexibility class revolve around stretching as well as slow and controlled movement.

## CORE

Concerned about your posture? These exercises focus on working abdominal muscles and muscles around the torso.

## STRENGTH

Geared towards increasing strength, expect to feel your muscles burn and your body to sweat with these high intensity exercises.

## CARDIO

Prepare to sweat! Join these activities that keep your heart rate elevated.

## LOW IMPACT

Need less intense options? These classes include more gentle movements that are effective on a variety of mobility and balance abilities.



# Strength

**Boot Camp** classes are moderate to high intensity and designed to build strength and cardio fitness levels. Exercises are a mix of strength training and high intensity cardio intervals. Boot Camp workouts will challenge every muscle in your body. **Strength Training** classes will include a variety of bodyweight and weighted exercises designed to increase full body muscular strength and endurance. **Family Fun Fitness** classes are a full body family-friendly workout that includes cardio and strength training exercises.

**Circuit Training** classes are moderate intensity and include a variety of exercises geared towards increasing endurance, power, strength, stamina, and speed. The goal of each class is to provide a total body workout. An exercise “Circuit” refers to one completion of all prescribed exercises in the program. **Interval Training** includes many of the same movements that comprise a boot camp or circuit training session. Interval training is unique due to the way in which the exercise is prescribed. Typically, participants will engage in an exercise for bursts of high intensity or effort followed by a short period of lower intensity movement. This pattern is repeated throughout the session resulting in a complete body workout. Interval Training classes are extremely high intensity & will burn a high number of calories!

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Boot Camp	18 +	Indoor	Enrique Barrera Fitness Center	Monday	6:00 pm	Fitness Center	*No class 1/17
Strength Training	18 +	Outdoor	Lions Field Adult and Senior Center	Mon / Wed	6:00 pm	Front lawn	*No class 1/17
Boot Camp 	18 +	Indoor	Woodlawn Lake Park	Monday	6:30 pm	Woodlawn Lake Gym	*No class 1/17
Interval Training	18 +	Outdoor	Hardberger Park (Blanco Rd)	Tuesday	9:00 am	Playground	
 FitLot Circuit Training	18 +	Outdoor	Normoyle Park	Tuesday	9:30 am	FitLot Outdoor Fitness Park	
Interval Training	18 +	Indoor	Enrique Barrera Fitness Center	Tuesday	12:00 pm	Fitness Center	
Family Fun Fitness	5 +	Outdoor	Levi Strauss Park	Tuesday	4:00 pm	Playground	
Circuit Training 	12 +	Outdoor	Bonnie Conner Park	Tuesday	5:30 pm	John Igo Library parking lot	
Boot Camp	18 +	Outdoor	Olympia Park	Tuesday	6:00 pm	Pavilion	
Boot Camp	18 +	Outdoor	Elmendorf Lake Park	Tuesday	6:30 pm	Open field near the pool	
Interval Training 	12 +	Outdoor	Bonnie Conner Park	Tuesday	6:30 pm	John Igo Library parking lot	





# Strength

**Tabata** is a type of interval training which consists of 20 seconds of a high intensity exercise followed by 10 seconds of rest; that cycle is repeated 8 times per exercise.

**SPEAR** (Strength Power Endurance and Resistance) Training classes follow the CrossFit methodology and include constantly varied functional movements performed at high intensity. The exercises are core strength and conditioning based with workouts being task or time based. These movements reflect the best aspects of gymnastics, weightlifting, running, throwing, and more. This fitness discipline is diverse and productive. These exercises are designed for all fitness levels! Classes are instructed by a CF-L1 Trainer.

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Circuit Training 	18 +	Outdoor	Highland Park	Wednesday	6:00 pm	Outdoor basketball court	
Circuit Training	18 +	Indoor	Enrique Barrera Fitness Center	Thursday	12:00 pm	Fitness Center	
High Intensity Interval Training <i>Hosted by Palo Alto College</i>	18 +	Outdoor	Palomino Park	Thursday	5:30 pm	Open field	
Boot Camp	18 +	Both	Dawson Park	Thursday	6:00 pm	Dawson Community Center	
SPEAR Training 	18 +	Indoor	Woodlawn Lake Park	Thursday	6:30 pm	Woodlawn Lake Gym	
Interval Training 	18 +	Indoor	Woodlawn Lake Park	Thursday	7:30 pm	Woodlawn Lake Gym	
SPEAR Training 	18 +	Outdoor	McAllister Park	Saturday	9:00 am	Turkey Roost Pavilion	
Circuit Training	18 +	Outdoor	Kingsborough Park	Saturday	9:00 am	Playground	<b>*No class 1/1</b>
Boot Camp	18 +	Outdoor	Pearsall Park	Saturday	9:00 am	Pavilion	<b>*No class 1/1</b>
Boot Camp <i>Hosted by Savage Fitness SA</i>	18 +	Outdoor	O.P. Schnabel Park	Saturday	9:00 am	Graff Pavilion	<b>*No class 1/1</b>
Circuit Training 	18 +	Outdoor	McAllister Park	Saturday	10:00 am	Turkey Roost Pavilion	
 Circuit Training	18 +	Outdoor	Hardberger Park (NW Military)	Sunday	9:00 am	Basketball court	





# CoRe

**Core Training** classes will blast your abs by performing specific exercises to strengthen the muscles. These moderate intensity classes will have you feeling the burn! **Core Rhythms** will take your ab workout to the next level by synergizing ab exercises to the energy packed beat of the music!

**CoRE** class is a combination of core training exercises with respiratory endurance exercises to get a total core workout. Class will be modeled after the U.S. Army Physical Readiness Training (PRT) philosophy and techniques.

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
CoRE 	18 +	Indoor	Woodlawn Lake Park	Monday	7:30 pm	Woodlawn Lake Gym	*No class 1/17
Core Training	18 +	Outdoor	Hardberger Park (Blanco Rd)	Tuesday	10:00 am	Playground	
Core Rhythms	18 +	Indoor	Harlandale Park	Tuesday	6:00 pm	Harlandale Community Center	*No class 1/11
Core Training	18 +	Outdoor	Olympia Park	Tuesday	7:00 pm	Pavilion	
Core Rhythms	18 +	Indoor	Southside Lions Park	Thursday	6:00 pm	Southside Lions Community Center	*No class 1/6 & 1/13
Core Rhythms	18 +	Indoor	Highland Park	Thursday	6:00 pm	Bode Community Center	1/6 only
Core Training	18 +	Both	Dawson Park	Thursday	7:00 pm	Dawson Community Center	
Core Training	18 +	Outdoor	Pearsall Park	Saturday	10:00 am	Pavilion	*No class 1/1
 Core Training	18 +	Outdoor	Hardberger Park (NW Military)	Sunday	10:00 am	Basketball court	



Harlandale Park



Southside Lions Park



# Low Impact

**Low Impact Circuit** workouts are a great way to get active while reducing the risk of injury with exercises that are less strenuous on the joints. Low Impact Circuit Training classes are moderate intensity, but without high impact exercises such as sprinting and jumping. **Morning Exercise** is a great way to start the day, classes include a variety of strength training and flexibility movements to help you start the day off right! **Strength & Balance, Strength & Conditioning** and **Stretch & Flex** classes are low to moderate intensity chair fitness classes with strength and cardio exercises.

	Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
NEW	Morning Exercise	18 +	Indoor	Lions Field Adult and Senior Center	Mon—Fri	9:00 am	Lions Field Adult and Senior Center	<b>*No class 1/17</b>
	Low Impact Circuit 	18 +	Outdoor	Lou Kardon Park	Monday	9:00 am	Playground	<b>*No class 1/17</b>
NEW	Chair Fitness	18 +	Indoor	Commander's House Adult and Senior Center	Monday	9:00 am	Commander's House Adult and Senior Center	<b>*No class 1/17</b>
NEW	Strength & Conditioning <i>Hosted by the Department of Human Services</i>	60 +	Indoor	District 2 Senior Center	Monday	2:00 pm	District 2 Senior Center	<i>Participants must be 60 years of age or older</i> <b>*No class 1/17</b>
NEW	Chair Fitness 	18 +	Indoor	Lackland Terrace Park	Tuesday	9:30 am	Gill Adult and Senior Center	
	Low Impact Circuit	18 +	Indoor	Granados Park	Tues / Thurs	12:30 pm	Granados Adult and Senior Center	
	Low Impact Circuit 	18 +	Outdoor	John James Park	Wednesday	9:00 am	Playground	
NEW	Strength & Conditioning <i>Hosted by the Department of Human Services</i>	60 +	Indoor	District 2 Senior Center	Wednesday	9:00 am	District 2 Senior Center	<i>Participants must be 60 years of age or older</i>
	Strength & Balance	18 +	Indoor	Lackland Terrace Park	Thursday	9:30 am	Gill Adult and Senior Center	
	Stretch & Flex	18 +	Indoor	Lackland Terrace Park	Friday	9:30 am	Gill Adult and Senior Center	



**Lou Kardon Park**



**Lackland Terrace Park**




**John James Park**



# Flexibility

**Yoga** classes will exercise your mind, body, and soul. Yoga helps reduce stress and anxiety, improve flexibility, and strengthen respiratory functions. Need a more accessible option? Try **Chair Yoga** where all postures are performed while seated or with the assistance of a chair.

**Stretching** is often an overlooked aspect of a fitness program, but it's importance in flexibility and recovery should not be ignored. Classes will include active, passive, and static stretches to increase participants' overall flexibility.

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Stretching	18 +	Indoor	Encino Library	Tuesday	1:30 pm	Encino Library	
Yoga 	18 +	Indoor	Enrique Barrera Fitness Center	Tuesday	5:00 pm	Fitness Center	
Yoga	18 +	Indoor	Enrique Barrera Fitness Center	Wednesday	5:00 pm	Fitness Center	
Chair Yoga	18 +	Indoor	Lackland Terrace Park	Thursday	10:00 am	Gill Adult and Senior Center	
Yoga	18 +	Both	Parman Library	Thursday	11:00 am	Parman Library	
Gentle Yoga <i>Hosted by the Department of Human Services</i>	60 +	Indoor	District 2 Senior Center	Thursday	1:00 pm	District 2 Senior Center	<i>Participants must be 60 years of age or older</i>

NEW



Parman Library



Barrera Fitness Center



# Cardio

Cardio is short for cardiovascular exercise. Cardio exercises can vary greatly, but the primary goal of the movements are to increase blood circulation throughout the body and raise heart rate. **Running Group** is a great way to increase your stamina and endurance while also making new friends. **Cardio Fit** classes will get participants' hearts pumping with rhythmic aerobic exercises and strength training interval based routines. **Drum Fitness** classes bring together drumsticks and an exercise ball to create a fun cardio blasting work out that you'll never want to end! We have two new combo classes, **Boxing Aerobics** and **Kick & Spin**. Join us for these great fusion classes where participants will rotate between tough cardio kickboxing routines and intense step aerobics / spin circuits. Fueled by Hip Hop Dance music, **Get Lit & Drip** is an energy packed step aerobics class that will have participants working hard while having a great time!

	Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
	Drum Fitness	18 +	Indoor	Lackland Terrace Park	Mon / Wed	10:00 am	Gill Adult and Senior Center	*No class 1/17
NEW	Drum Fitness	18 +	Indoor	Commander's House Adult and Senior Center	Monday	10:00 am	Commander's House Adult and Senior Center	*No class 1/17
	Cardio Fit	18 +	Indoor	Encino Library	Tuesday	12:30 pm	Encino Library	
	Boxing Aerobics	18 +	Indoor	Enrique Barrera Fitness Center	Tuesday	6:00 pm	Fitness Center	
NEW	Running Group	18 +	Outdoor	King William Park	Mon / Wed	6:00 pm	Pavilion	*No class 1/17
	Cardio Fit	18 +	Both	Parman Library	Thursday	10:00 am	Parman Library	
	Kick & Spin	18 +	Indoor	Enrique Barrera Fitness Center	Thursday	6:00 pm	Fitness Center	
NEW	Get Lit & Drip	18 +	Indoor	LBJ Park	Friday	6:00 pm	Hamilton Community Center	
	Cardio Fit	18 +	Indoor	Enrique Barrera Fitness Center	Friday	10:30 am	Fitness Center	



Parman Library



Lackland Terrace Park



# Zumba

Working out doesn't feel like work when you're having fun. Dance, through **Zumba**, is a fun and engaging exercise that allows you to burn calories, improve tone and increase your endurance. Our Zumba classes always feel like a party. Join us and party yourself into shape. **Zumba Gold** is perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. ***Participants must be 60 years of age or older.***

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Zumba	8 +	Indoor	Southside Lions Park	Monday	7:00 pm	Southside Lions Community Center	1/24 & 1/31 only
Zumba	8 +	Indoor	Highland Park	Monday	7:00 pm	Bode Community Center	1/3 & 1/10 only
Zumba	8 +	Indoor	Garza Park	Monday	7:00 pm	Garza Community Center	<b>*No class 1/17</b>
<b>NEW</b> Zumba <i>Hosted by Kaliente</i>	8 +	Indoor	Joe Ward Park	Monday	7:00 pm	Joe Ward Community Center	1/24 & 1/31 only
<b>NEW</b> Zumba Gold <i>Hosted by the Department of Human Services</i>	60 +	Indoor	District 2 Senior Center	Tuesday	10:00 am	District 2 Senior Center	<i>Participants must be 60 years of age or older</i>
Zumba	8 +	Indoor	Harlandale Park	Tuesday	7:00 pm	Harlandale Community Center	<b>*No class 1/11</b>
Zumba	8 +	Indoor	Enrique Barrera Fitness Center	Wednesday	6:00 pm	Fitness Center	
Zumba	8 +	Indoor	Southside Lions Park	Thursday	7:00 pm	Southside Lions Community Center	<b>*No class 1/6 &amp; 1/13</b>
Zumba	8 +	Indoor	Highland Park	Thursday	7:00 pm	Bode Community Center	1/6 only
<b>NEW</b> Zumba Gold <i>Hosted by the Department of Human Services</i>	60 +	Indoor	Normoyle Park	Friday	8:00 am	Normoyle Senior Center	<i>Participants must be 60 years of age or older</i>
Zumba	8 +	Indoor	Copernicus Park	Saturday	10:30 am	Copernicus Community Center	<b>*No class 1/1</b>





# Dance Fitness

Dance is a great way to work on your overall fitness. It improves your cardiovascular endurance, muscular strength and balance. With a wide variety of dance classes including **Hula Dance**, **Line Dance** & **Hip Hop**. We have something for everyone! **Mo' Dancing** classes will include a mixture of multiple Latin Dance styles.

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Hula Dance	6 +	Indoor	LBJ Park	Mon / Wed	6:00 pm	Hamilton Community Center	<b>*No class 1/17</b>
Hip Hop Dance	12 +	Indoor	Copernicus Park	Tues / Thurs	7:00 pm	Copernicus Community Center	<b>*No class 1/4 &amp; 1/6</b>
Line Dance	18 +	Indoor	Lions Field Adult and Senior Center	Thursday	10:00 am	Lions Field Adult and Senior Center	Beginner level
Line Dance	18 +	Indoor	Lions Field Adult and Senior Center	Thursday	11:00 am	Lions Field Adult and Senior Center	Improver level
Line Dance <i>Hosted by San Antonio Metro Health District</i>	18 +	Indoor	West End Park	Thursday	6:30 pm	Frank Garrett Multi-Service Center	<b>*No class 1/6</b>
Mo' Dancing	18 +	Indoor	Garza Park	Saturday	12:00 pm	Garza Community Center	<b>*No class 1/1</b>





# Net Sports

Whether you're new to tennis or just want to brush up on your skills, our non-competitive tennis sessions hosted by San Antonio Learning Through Tennis (SALTT) and the San Antonio Tennis Association (SATA) are perfect for those that want to get back into the "swing" of things. For a variation on traditional tennis, try one of the fastest growing sports in America—Pickleball!



**LBJ Park**



**Fairchild Park**

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Pickleball	18 +	Indoor	Granados Park	Monday	10:30 am	Granados Adult and Senior Center	<b>*No class 1/17</b>
Beginner Tennis <i>Hosted by SALTT</i>	6 +	Outdoor	Fairchild Park	Tuesday	6:00 pm	Fairchild Tennis Center courts 14-15	For more information visit <a href="https://www.saltt.online">https://www.saltt.online</a>
Pickleball	18 +	Indoor	Southside Lions Park	Wednesday	6:00 pm	Southside Lions Community Center	<b>*No class 1/5</b>
Beginner Tennis <i>Hosted by SATA</i>	6 +	Outdoor	San Pedro Springs Park	Thursday	6:00 pm	McFarlin Tennis Center courts 17-19	For more information visit <a href="https://www.satennis.com">https://www.satennis.com</a>
Pickleball	10 +	Indoor	LBJ Park	Saturday	9:30 am	Lou Hamilton Community Center	<b>*No class 1/1</b>



**San Pedro Springs Park**



**Fairchild Park**



# Aqua Fitness

**Water Aerobics** classes are a great low impact workout, in shallow water, using the resistance of the water to produce a full body workout.

**Aqua Zumba** is the exciting pool party you don't want to miss. Make a splash with this low impact high-energy aqua fitness class!

**Lap Swimming** provides a full body workout by targeting three important types of exercise; cardio, strength training, and flexibility. **Water Walking** is another great way to utilize the natural resistance of the water to challenge and strengthen your muscles. Experience a HIIT class like no other with **Aqua Board HIIT**. This High Intensity Interval Training class is done on top of the water using specialized floating Aqua Fit boards.

	Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
NEW	Lap Swim	18 +	Indoor	San Antonio Natatorium	Mon / Wed / Fri	10:00am—11:00 am	Recreation pool	*No class 1/17
	Water Aerobics	18 +	Indoor	San Antonio Natatorium	Mon / Wed / Fri	12:00 pm	Recreation pool	*No class 1/17
NEW	Water Walking	18 +	Indoor	San Antonio Natatorium	Tuesday / Thursday	10:00 am—11:00 am	Recreation pool	
NEW	Water Aerobics	18 +	Indoor	San Antonio Natatorium	Tuesday / Thursday	6:30 pm	Recreation pool	
	Aqua Zumba	11 +	Indoor	San Antonio Natatorium	Wednesday	6:30 pm	Recreation pool	
NEW	Aqua Board HIIT	18 +	Indoor	San Antonio Natatorium	Saturday	11:30 am	Recreation Pool	*No class 1/1



San Antonio Natatorium



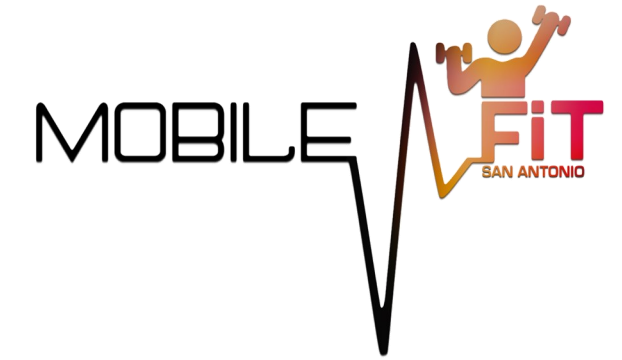
San Antonio Natatorium



San Antonio Natatorium



# Mobile Fit Classes



Mobile Fit is teaming up with Fitness in the Park! Enjoy your fitness class, see what the Mobile Fit has to offer, and receive a free health screening! The Mobile Fit vehicle comes equipped with an InBody scale which analyzes your body composition. Our InBody scales use bioelectric impedance analysis (BIA) to provide accurate and precise direct measurements of the entire body and a detailed breakdown of your weight in terms of muscle, fat, and water. The Mobile Fit Vehicle is also equipped with an interactive video gaming system, so the whole family can enjoy gaming and fitness combined!

	Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
NEW	Circuit Training	18 +	Outdoor	Tom Slick Park	Tuesday	7:30 am	Playground	
NEW	Circuit Training	18 +	Outdoor	Heritage Duck Pond Park	Thursday	9:00 am	Outdoor fitness equipment	



**Lou Kardon Park**



**Woodlawn Lake Park**



# Other Fitness Opportunities

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Intro to Parkour <i>Hosted by Seek Parkour</i>	10 +	Outdoor	San Pedro Springs Park	Monday	6:00 pm	San Antonio Playhouse	For more information visit <a href="http://www.SeekParkour.com">www.SeekParkour.com</a>
Stroller Barre <i>Hosted by Fit4MOM North San Antonio</i>	18 +	Outdoor	Hardberger Park (Blanco Rd)	Tuesday, January 4	9:30 am	Playground	1st Tuesday of the month Participants must reserve a spot at <a href="https://northsanantonio.fit4mom.com">https://northsanantonio.fit4mom.com</a>
<b>NEW</b> Basketball Conditioning	7—15	Indoor	West End Park	Tue / Fri	6:30 pm	Frank Garrett Multi-Service Center	<b>*No class 1/4 &amp; 1/7</b>
<b>NEW</b> Chair Volleyball	18 +	Both	Commander's House Adult and Senior Center	Thursday	10:00 am	Commander's House Adult and Senior Center	
STORM Group Ride <i>Hosted by South Texas Off Road Mountain-Bikers</i>	18 +	Outdoor	McAllister Park	Thursday	6:30 pm	Turkey Roost Pavilion	For more information visit <a href="http://www.stormmtb.org">www.stormmtb.org</a>
Volleyball Conditioning	7—15	Indoor	West End Park	Friday	5:00 pm	Frank Garrett Multi-Service Center	<b>*No class 1/7</b>
Walk with a Doc <i>Hosted by Advanced Internal Medicine Practice</i>	Family	Outdoor	Hardberger Park (Blanco Rd)	Saturday, January 8	8:00 am	Playground	2nd Saturday of the month
Volleyball Conditioning	11—13	Indoor	Joe Ward Park	Saturday	10:00 am	Joe Ward Community Center	<b>*No class 1/1</b>
Volleyball Conditioning	14—17	Indoor	Joe Ward Park	Saturday	12:00 pm	Joe Ward Community Center	<b>*No class 1/1</b>
Volleyball Conditioning	7—15	Indoor	Normoyle Park	Saturday	2:00 pm	Normoyle Community Center	<b>*No class 1/1</b>



**@SAParksandRec**



**Fitness in the park**







The San Antonio Parks and Recreation Department is proud to offer Troops for Fitness, which is a series of fitness classes taught by skilled military veterans.





The Following Fitness in the Park classes found within this schedule are official Troops for Fitness classes:

- **Circuit Training**
  - McAllister Park
  - Highland Park
  - Bonnie Conner Park
- **Boot Camp**
  - Woodlawn Lake Park
- **Interval Training**
  - Woodlawn Lake Park
  - Bonnie Conner Park
- **SPEAR**
  - Woodlawn Lake Park
  - McAllister Park
- **Core Training**
  - Woodlawn Lake Park
- **Yoga**
  - Barrera Fitness Center
- **Low Impact**
  - Lackland Terrace Park
  - Lou Kardon Park
  - John James Park





**Bonnie Conner Park**



Monday December 27	Tuesday December 28	Wednesday December 29	Thursday December 30	Friday December 31	Saturday January 1
<p><u>9:00 am</u> <b>Low Impact Circuit</b> Lou Kardon Park</p> <p><u>6:00 pm</u> <b>Intro to Parkour</b> San Pedro Springs Park</p> <p><u>6:30 pm</u> <b>Boot Camp</b> Woodlawn Lake Park</p> <p><u>7:30 pm</u> <b>CoRE</b> Woodlawn Lake Park</p>	<p><u>9:00 am</u> <b>Mobile Fit Circuit Training</b> Copernicus Park</p> <p><b>Interval Training</b> Hardberger Park (Blanco Rd)</p> <p><u>9:30 am</u> <b>Chair Yoga</b> Lackland Terrace Park</p> <p><u>10:00 am</u> <b>Core Training</b> Hardberger Park (Blanco Rd)</p> <p><u>12:00 pm</u> <b>Interval Training</b> Barrera FC</p> <p><u>12:30 pm</u> <b>Low Impact Circuit</b> Granados Park</p> <p><b>Cardio Fit</b> Encino Library</p> <p><u>1:30 pm</u> <b>Stretching</b> Encino Library</p> <p><u>4:00 pm</u> <b>Family Fun Fitness</b> Levi Strauss Park</p> <p><u>5:00 pm</u> <b>Yoga</b> Barrera FC</p> <p><u>5:30 pm</u> <b>Circuit Training</b> Bonnie Conner Park</p> <p><u>6:00 pm</u> <b>Boxing Aerobics</b> Barrera FC</p> <p><b>Boot Camp</b> Olympia Park</p> <p><b>Core Rhythms</b> Highland Park</p> <p><u>6:30 pm</u> <b>Interval Training</b> Bonnie Conner Park</p> <p><b>Boot Camp</b> Elmendorf Lake Park</p> <p><u>7:00 pm</u> <b>Core Training</b> Olympia Park</p> <p><b>Zumba</b> Highland Park</p> <p><u>7:30 pm</u> <b>Running Group</b> Elmendorf Lake Park</p>	<p><u>9:00 am</u> <b>Low Impact Circuit</b> John James Park</p> <p><u>10:00 am</u> <b>Drum Fitness</b> Lackland Terrace Park</p> <p><u>12:00 pm</u> <b>Water Aerobics</b> SA Natatorium</p> <p><u>5:00 pm</u> <b>Yoga</b> Barrera FC</p> <p><u>6:00 pm</u> <b>Circuit Training</b> Highland Park</p> <p><b>Strength Training</b> Lions Field Adult and Senior Center</p> <p><b>Zumba</b> Barrera FC</p> <p><u>6:30 pm</u> <b>Aqua Zumba</b> San Antonio Natatorium</p>	<p><u>9:00 am</u> <b>Mobile Fit Circuit Training</b> Normoyle Park</p> <p><u>10:00 am</u> <b>Strength &amp; Balance</b> Lackland Terrace Park</p> <p><b>Cardio Fit</b> Parman Library</p> <p><b>Line Dance</b> Lions Field Adult and Senior Center</p> <p><u>11:00 am</u> <b>Yoga</b> Parman Library</p> <p><b>Line Dance</b> Lions Field Adult and Senior Center</p> <p><u>12:00 pm</u> <b>Circuit Training</b> Barrera FC</p> <p><u>12:30 pm</u> <b>Low Impact Circuit</b> Granados Park</p> <p><u>5:30 pm</u> <b>High Intensity Interval Training</b> Palomino Park</p> <p><u>6:00 pm</u> <b>Kick Spin</b> Barrera FC</p> <p><b>Beginner Tennis</b> San Pedro Springs Park</p> <p><b>Boot Camp</b> Dawson Park</p> <p><b>Core Rhythms</b> Highland Park</p> <p><u>6:30 pm</u> <b>SPEAR Training</b> Woodlawn Lake Park</p> <p><b>STORM Group Ride</b> McAllister Park</p> <p><u>7:00 pm</u> <b>Zumba</b> Highland Park</p> <p><b>Core Training</b> Dawson Park</p> <p><u>7:30 pm</u> <b>Interval Training</b> Woodlawn Lake Park</p>	 <p>No Fitness in the Park classes, but the Greenway Trails are open! Enjoy approximately 82 miles of developed multi-use and accessible trails open sunrise to sunset.</p> <p>Or view our catalog of Home Bodies videos at our YouTube page; SA ParksandRec</p>  <p>We have outdoor fitness equipment at more than 40 parks where you can enjoy the outdoors while</p>	 <p><u>9:00 am</u> <b>SPEAR Training</b> McAllister Park</p> <p><u>10:00 am</u> <b>Circuit Training</b> McAllister Park</p>
 <p>Home Bodies @ SAparksandRec</p>					Sunday January 2
					<p><u>9:00 am</u> <b>Circuit Training</b> Hardberger Park (NW Military)</p> <p><u>10:00 am</u> <b>Core Training</b> Hardberger Park (NW Military)</p>



Monday January 3	Tuesday January 4	Wednesday January 5	Thursday January 6	Friday January 7	Saturday January 8
<p><b>9:00 am</b> <b>Low Impact Circuit</b> Lou Kardon Park <b>Chair Fitness</b> Commander's House Adult and Senior Center <b>Morning Exercise</b> Lions Field Adult &amp; Senior Center</p> <p><b>10:00 am</b> <b>Drum Fitness</b> Lackland Terrace Park <b>Drum Fitness</b> Commander's House Adult and Senior Center <b>Lap Swim</b> SA Natatorium</p> <p><b>10:30 am</b> <b>Pickleball</b> Granados Park</p> <p><b>12:00 pm</b> <b>Water Aerobics</b> SA Natatorium</p> <p><b>2:00 pm</b> <b>Senior Strength &amp; Conditioning</b> D2 Senior Center</p> <p><b>6:00 pm</b> <b>Boot Camp</b> Barrera FC <b>Strength Training</b> Lions Field Adult and Senior Center <b>Hula Dance</b> LBJ Park <b>Intro to Parkour</b> San Pedro Springs Park <b>Running Group</b> King William Park</p> <p><b>6:30 pm</b> <b>Boot Camp</b> Woodlawn Lake Park</p> <p><b>7:00 pm</b> <b>Zumba</b> Highland Park <b>Zumba</b> Garza Park</p> <p><b>7:30 pm</b> <b>CoRE</b> Woodlawn Lake Park</p> <p></p> <p>Home Bodies @ SAparksandRec</p>	<p><b>7:30 am</b> <b>Mobile Fit Circuit Training</b> Tom Slick Park</p> <p><b>9:00 am</b> <b>Interval Training</b> Hardberger Park (Blanco Rd) <b>Morning Exercise</b> Lions Field Adult &amp; Senior Center</p> <p><b>9:30 am</b> <b>FitLot Circuit Training</b> Normoyle Park <b>Chair Fitness</b> Lackland Terrace Park <b>Stroller Barre</b> Hardberger Park (Blanco Rd)</p> <p><b>10:00 am</b> <b>Core Training</b> Hardberger Park (Blanco Rd) <b>Water Walking</b> SA Natatorium</p> <p><b>10:30 am</b> <b>Zumba Gold</b> D2 Senior Center</p> <p><b>12:00 pm</b> <b>Interval Training</b> Barrera FC</p> <p><b>12:30 pm</b> <b>Low Impact Circuit</b> Granados Park <b>Cardio Fit</b> Encino Library</p> <p><b>1:30 pm</b> <b>Stretching</b> Encino Library</p> <p><b>4:00 pm</b> <b>Family Fun Fitness</b> Levi Strauss Park</p> <p><b>5:00 pm</b> <b>Yoga</b> Barrera FC</p> <p><b>5:30 pm</b> <b>Circuit Training</b> Bonnie Conner Park</p> <p><b>6:00 pm</b> <b>Boxing Aerobics</b> Barrera FC <b>Boot Camp</b> Olympia Park <b>Core Rhythms</b> Harlandale Park</p> <p><b>6:30 pm</b> <b>Interval Training</b> Bonnie Conner Park <b>Boot Camp</b> Elmendorf Lake Park <b>Water Aerobics</b> SA Natatorium</p> <p><b>7:00 pm</b> <b>Core Training</b> Olympia Park <b>Zumba</b> Harlandale Park</p>	<p><b>9:00 am</b> <b>Low Impact Circuit</b> John James Park <b>Senior Strength &amp; Conditioning</b> D2 Senior Center <b>Morning Exercise</b> Lions Field Adult &amp; Senior Center</p> <p><b>10:00 am</b> <b>Drum Fitness</b> Lackland Terrace Park <b>Lap Swim</b> SA Natatorium</p> <p><b>12:00 pm</b> <b>Water Aerobics</b> SA Natatorium</p> <p><b>5:00 pm</b> <b>Yoga</b> Barrera FC</p> <p><b>6:00 pm</b> <b>Circuit Training</b> Highland Park <b>Strength Training</b> Lions Field Adult and Senior Center <b>Zumba</b> Barrera FC <b>Hula Dance</b> LBJ Park <b>Running Group</b> King William Park</p> <p><b>6:30 pm</b> <b>Aqua Zumba</b> San Antonio Natatorium</p>	<p><b>9:00 am</b> <b>Mobile Fit Circuit Training</b> Heritage Duck Pond Park <b>Morning Exercise</b> Lions Field Adult &amp; Senior Center</p> <p><b>9:30 am</b> <b>Strength &amp; Balance</b> Lackland Terrace Park</p> <p><b>10:00 am</b> <b>Chair Yoga</b> Lackland Terrace Park <b>Cardio Fit</b> Parman Library <b>Line Dance</b> Lions Field Adult and Senior Center <b>Water Walking</b> SA Natatorium <b>Chair Volleyball</b> Commander's House Adult and Senior Center</p> <p><b>11:00 am</b> <b>Yoga</b> Parman Library <b>Line Dance</b> Lions Field Adult and Senior Center</p> <p><b>12:00 pm</b> <b>Circuit Training</b> Barrera FC</p> <p><b>12:30 pm</b> <b>Low Impact Circuit</b> Granados Park</p> <p><b>1:00 pm</b> <b>Gentle Yoga</b> D2 Senior Center</p> <p><b>5:30 pm</b> <b>High Intensity Interval Training</b> Palomino Park</p> <p><b>6:00 pm</b> <b>Kick &amp; Spin</b> Barrera FC <b>Beginner Tennis</b> San Pedro Springs Park <b>Boot Camp</b> Dawson Park <b>Core Rhythms</b> Highland Park</p> <p><b>6:30 pm</b> <b>SPEAR Training</b> Woodlawn Lake Park <b>STORM Group Ride</b> McAllister Park <b>Water Aerobics</b> SA Natatorium</p> <p><b>7:00 pm</b> <b>Zumba</b> Highland Park <b>Core Training</b> Dawson Park</p> <p><b>7:30 pm</b> <b>Interval Training</b> Woodlawn Lake Park</p>	<p><b>8:00 am</b> <b>Zumba Gold</b> Normoyle Senior Center</p> <p><b>9:00 am</b> <b>Morning Exercise</b> Lions Field Adult &amp; Senior Center</p> <p><b>9:30 am</b> <b>Stretch &amp; Flex</b> Lackland Terrace Park</p> <p><b>10:00 am</b> <b>Lap Swim</b> SA Natatorium</p> <p><b>10:30 am</b> <b>Cardio Fit</b> Barrera FC</p> <p><b>12:00 pm</b> <b>Water Aerobics</b> SA Natatorium</p> <p><b>6:00 pm</b> <b>Get Lit &amp; Drip</b> LBJ Park</p>	<p><b>8:00 am</b> <b>Walk with a Doc</b> Hardberger Park (Blanco Rd)</p> <p><b>9:00 am</b> <b>SPEAR Training</b> McAllister Park <b>Boot Camp</b> Pearsall Park <b>Boot Camp</b> O.P. Schnabel Park <b>Circuit Training</b> Kingsborough Park</p> <p><b>9:30 am</b> <b>Pickleball</b> LBJ Park</p> <p><b>10:00 am</b> <b>Circuit Training</b> McAllister Park <b>Core Training</b> Pearsall Park <b>Volleyball Conditioning</b> Joe Ward Park</p> <p><b>10:30 am</b> <b>Zumba</b> Copernicus Park</p> <p><b>11:30 am</b> <b>Aqua Board HIIT</b> SA Natatorium</p> <p><b>12:00 pm</b> <b>Volleyball Conditioning</b> Joe Ward Park <b>Mo' Dancing</b> Garza Park</p> <p><b>2:00 pm</b> <b>Volleyball Conditioning</b> Normoyle Park</p>
<p><b>Sunday January 9</b></p> <p><b>9:00 am</b> <b>Circuit Training</b> Hardberger Park (NW Military)</p> <p><b>10:00 am</b> <b>Core Training</b> Hardberger Park (NW Military)</p> <p></p> <p>Home Bodies @ SAparksandRec</p>					
















Monday January 31	Tuesday February 1	Wednesday February 2	Thursday February 3	Friday February 4	Saturday February 5
<p><u>9:00 am</u> <b>Low Impact Circuit</b> Lou Kardon Park <b>Chair Fitness</b> Commander's House Adult and Senior Center <b>Morning Exercise</b> Lions Field Adult &amp; Senior Center</p> <p><u>10:00 am</u> <b>Drum Fitness</b> Lackland Terrace Park <b>Lap Swim</b> SA Natatorium <b>Drum Fitness</b> Commander's House Adult and Senior Center</p> <p><u>10:30 am</u> <b>Pickleball</b> Granados Park</p> <p><u>12:00 pm</u> <b>Water Aerobics</b> SA Natatorium</p> <p><u>2:00 pm</u> <b>Senior Strength &amp; Conditioning</b> D2 Senior Center</p> <p><u>6:00 pm</u> <b>Boot Camp</b> Barrera FC <b>Strength Training</b> Lions Field Adult and Senior Center <b>Hula Dance</b> LBJ Park <b>Intro to Parkour</b> San Pedro Springs Park <b>Running Group</b> King William Park</p> <p><u>6:30 pm</u> <b>Boot Camp</b> Woodlawn Lake Park</p> <p><u>7:00 pm</u> <b>Zumba</b> Southside Lions Park <b>Zumba</b> Garza Park <b>Zumba</b> Joe Ward Park</p> <p><u>7:30 pm</u> <b>CoRE</b> Woodlawn Lake Park</p> 	<p><u>7:30 am</u> <b>Mobile Fit Circuit Training</b> Tom Slick Park</p> <p><u>9:00 am</u> <b>Interval Training</b> Hardberger Park (Blanco Rd) <b>Morning Exercise</b> Lions Field Adult &amp; Senior Center</p> <p><u>9:30 am</u> <b>FitLot Circuit Training</b> Normoyle Park <b>Chair Fitness</b> Lackland Terrace Park <b>Stroller Barre</b> Hardberger Park (Blanco Rd)</p> <p><u>10:00 am</u> <b>Core Training</b> Hardberger Park (Blanco Rd) <b>Water Walking</b> SA Natatorium</p> <p><u>10:30 am</u> <b>Zumba Gold</b> D2 Senior Center</p> <p><u>12:00 pm</u> <b>Interval Training</b> Barrera FC</p> <p><u>12:30 pm</u> <b>Low Impact Circuit</b> Granados Park <b>Cardio Fit</b> Encino Library</p> <p><u>1:30 pm</u> <b>Stretching</b> Encino Library</p> <p><u>4:00 pm</u> <b>Family Fun Fitness</b> Levi Strauss Park</p> <p><u>5:00 pm</u> <b>Yoga</b> Barrera FC</p> <p><u>5:30 pm</u> <b>Circuit Training</b> Bonnie Conner Park</p> <p><u>6:00 pm</u> <b>Boxing Aerobics</b> Barrera FC <b>Boot Camp</b> Olympia Park <b>Core Rhythms</b> Harlandale Park <b>Beginner Tennis</b> Fairchild Park</p> <p><u>6:30 pm</u> <b>Interval Training</b> Bonnie Conner Park <b>Boot Camp</b> Elmendorf Lake Park <b>Water Aerobics</b> SA Natatorium <b>Basketball Conditioning</b> West End Park</p> <p><u>7:00 pm</u> <b>Core Training</b> Olympia Park <b>Hip Hop Dance</b> Copernicus Park <b>Zumba</b> Harlandale Park</p>	<p><u>9:00 am</u> <b>Low Impact Circuit</b> John James Park <b>Senior Strength &amp; Conditioning</b> D2 Senior Center <b>Morning Exercise</b> Lions Field Adult &amp; Senior Center</p> <p><u>10:00 am</u> <b>Drum Fitness</b> Lackland Terrace Park <b>Lap Swim</b> SA Natatorium</p> <p><u>12:00 pm</u> <b>Water Aerobics</b> SA Natatorium</p> <p><u>5:00 pm</u> <b>Yoga</b> Barrera FC</p> <p><u>6:00 pm</u> <b>Circuit Training</b> Highland Park <b>Strength Training</b> Lions Field Adult and Senior Center <b>Zumba</b> Barrera FC <b>Hula Dance</b> LBJ Park <b>Pickleball</b> Southside Lions Park <b>Running Group</b> King William Park</p> <p><u>6:30 pm</u> <b>Aqua Zumba</b> San Antonio Natatorium</p>	<p><u>9:00 am</u> <b>Mobile Fit Circuit Training</b> Heritage Duck Pond Park <b>Morning Exercise</b> Lions Field Adult &amp; Senior Center</p> <p><u>9:30 am</u> <b>Strength &amp; Balance</b> Lackland Terrace Park</p> <p><u>10:00 am</u> <b>Chair Yoga</b> Lackland Terrace Park <b>Cardio Fit</b> Parman Library <b>Line Dance</b> Lions Field Adult and Senior Center <b>Water Walking</b> SA Natatorium <b>Chair Volleyball</b> Commander's House Adult and Senior Center</p> <p><u>11:00 am</u> <b>Yoga</b> Parman Library <b>Line Dance</b> Lions Field Adult and Senior Center</p> <p><u>12:00 pm</u> <b>Circuit Training</b> Barrera FC</p> <p><u>12:30 pm</u> <b>Low Impact Circuit</b> Granados Park</p> <p><u>1:00 pm</u> <b>Gentle Yoga</b> D2 Senior Center</p> <p><u>5:30 pm</u> <b>High Intensity Interval Training</b> Palomino Park</p> <p><u>6:00 pm</u> <b>Kick &amp; Spin</b> Barrera FC <b>Beginner Tennis</b> San Pedro Springs Park <b>Boot Camp</b> Dawson Park <b>Core Rhythms</b> Southside Lions Park</p> <p><u>6:30 pm</u> <b>SPEAR Training</b> Woodlawn Lake Park <b>STORM Group Ride</b> McAllister Park <b>Line Dance</b> Frank Garrett Multi-Service Center <b>Water Aerobics</b> SA Natatorium</p> <p><u>7:00 pm</u> <b>Hip Hop Dance</b> Copernicus Park <b>Zumba</b> Southside Lions Park <b>Core Training</b> Dawson Park</p> <p><u>7:30 pm</u> <b>Interval Training</b> Woodlawn Lake Park</p>	<p><u>8:00 am</u> <b>Zumba Gold</b> Normoyle Senior Center</p> <p><u>9:00 am</u> <b>Morning Exercise</b> Lions Field Adult &amp; Senior Center</p> <p><u>9:30 am</u> <b>Stretch &amp; Flex</b> Lackland Terrace Park</p> <p><u>10:00 am</u> <b>Lap Swim</b> SA Natatorium</p> <p><u>10:30 am</u> <b>Cardio Fit</b> Barrera FC</p> <p><u>12:00 pm</u> <b>Water Aerobics</b> SA Natatorium</p> <p><u>5:00 pm</u> <b>Volleyball Conditioning</b> West End Park</p> <p><u>6:00 pm</u> <b>Get Lit &amp; Drip</b> LBJ Park</p> <p><u>6:30 pm</u> <b>Basketball Conditioning</b> West End Park</p>	<p><u>9:00 am</u> <b>SPEAR Training</b> McAllister Park <b>Boot Camp</b> Pearsall Park <b>Boot Camp</b> O.P. Schnabel Park <b>Circuit Training</b> Kingsborough Park</p> <p><u>9:30 am</u> <b>Pickleball</b> LBJ Park</p> <p><u>10:00 am</u> <b>Circuit Training</b> McAllister Park <b>Core Training</b> Pearsall Park <b>Volleyball Conditioning</b> Joe Ward Park</p> <p><u>10:30 am</u> <b>Zumba</b> Copernicus Park</p> <p><u>11:30 am</u> <b>Aqua Board</b> HIIT SA Natatorium</p> <p><u>12:00 pm</u> <b>Volleyball Conditioning</b> Joe Ward Park <b>Mo' Dancing</b> Garza Park</p> <p><u>2:00 pm</u> <b>Volleyball Conditioning</b> Normoyle Park</p>
<p><b>Sunday February 6</b></p> <p><u>9:00 am</u> <b>Circuit Training</b> Hardberger Park (NW Military)</p> <p><u>10:00 am</u> <b>Core Training</b> Hardberger Park (NW Military)</p>					



Home Bodies @  
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